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# Kinsale Leather

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New Store Opening September 1st at 46 Main Street See you there!





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STAGE: Drama & Musical Theatre - Age 3 plus
Thursday and NEW Saturday Classes added this term

**ACRO DANCE: Saturday - Age 3 plus** 

BOOK YOUR TRIAL CLASS TODAY

THERAPY: Drama Therapy

Qualified Therapist Donna O'Keeney will now have an office at the Super Stars Studio Kinsale.

www.superstarsstageschool.com





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Weekly club starting in Super Stars Studio Kinsale

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# KINSALE



We would like to welcome Ms. Kelly Podlosky MB, BCH, BAO, D.D.S., M.S., B.S.

who will be providing surgical removal of impacted wisdom teeth at Kinsale Dental.



Ms. Podlosky will be offering services through VHI, LAYA, AVIVA and privately.



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Dinner: Mon - Sun 17:30 - Late Lunch: Sat - Sun 12:30 - 15:00

# SCHOOL OF DANCE

# **NEW TERM BEGINS ON FRIDAY 7th SEPTEMBER**

We look forward to welcoming all our students old and new.
All classes are currently full but we are taking names on our waiting list.
Please note all places have been held from last year.

### **MONDAY**

3.30-4.30	Hip Hop (Primary School Level, 2nd class + up)	
4.30-5.15	Boys Hip Hop & Breakdance Beginners	
5.15-6.00	Boys Hip Hop & Breakdance (B)	
6.00-7.00	Boys Hip Hop & Breakdance (A)	
7.00-8.00	Hip Hop (1st & 2nd Year)	
8.00-9.15	Senior Hip Hop (3rd Year + up)	

### **TUESDAY**

3.30-4.30	RAD Grade 1 A & B
4.30-5.15	RAD Grade 4
5.15-6.00	RAD Grade 6A Ballet
6.00-6.45	RAD Grade 7 Ballet
	(also open to Adv Found students)
6.45-7.45	RAD Adv 1 Ballet
7.45-9.15	Contemporary

### WEDNESDAY

1.30-3.00	RAD Intermediate Ballet
3.00-3.30	Pre School Ballet (Age 21/2-41/2)
3.30-4.15	RAD Grade 1C Ballet
4.15-5.15	RAD Grade 2 Ballet
5.15-6.00	RAD Grade 3 Ballet
6.00-7.00	RAD Grade 4 Ballet
7.00-8.00	RAD Grade 7 Ballet
	(also open to Adv Found students)
8.00-9.30	RAD Adv 1 Ballet & Pointe

### **THURSDAY**

(1st & 2nd Class)
3 (3rd & 4th Class)
C (5th & 6th Class)
r Jazz Group 1 (1st-3rd Year)
r Jazz Group 2 (1st-3rd Year)
Rep (4th Year + up)

### **FRIDAY**

3.30-4.30	RAD Grade 3 Ballet
4.30-6.00	RAD Intermediate Foundation
6.00-7.00	RAD Grade 6C Ballet
7.00-8.00	RAD Grade 6A Ballet
8.00-9.00	RAD Adv Foundation Ballet

### **SATURDAY**

9.30-11.00	RAD Adv Foundation Ballet & Pointe
11.00-11.30	Pre School Ballet (Age 21/2-41/2)
11.30-12.15	RAD Pre Primary Ballet
12.15-1.00	RAD Pre Primary Ballet (Exam)
1.00-1.45	RAD Primary Ballet
1.45-3.15	RAD Grade 6B Ballet
3.15-4.00	RAD Grade 6C Ballet

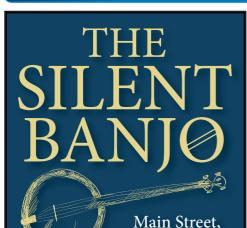
Call 087 9521463 or 021 4773553

info@lucyfrenchschoolofdance.com www.lucyfrenchschoolofdance.com

5







Kinsale

Friday 24th August
Steffan Gleeson 10pm
Saturday 25th August
The Hattricks 10pm
Sunday 26th August
Christy Waters 6pm
Monday 27th August
Steffan Gleeson 8pm
Tuesday 28th August
James Ahern 8pm
Thursday 30th August
Damien Coughlan 8pm

### **NOW SERVING LUNCH**









Keeping Kinsale Focused

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**OPEN TUESDAY TO SATURDAY** 







KINSALE COMMUNITY SCHOOL

# Congratulations

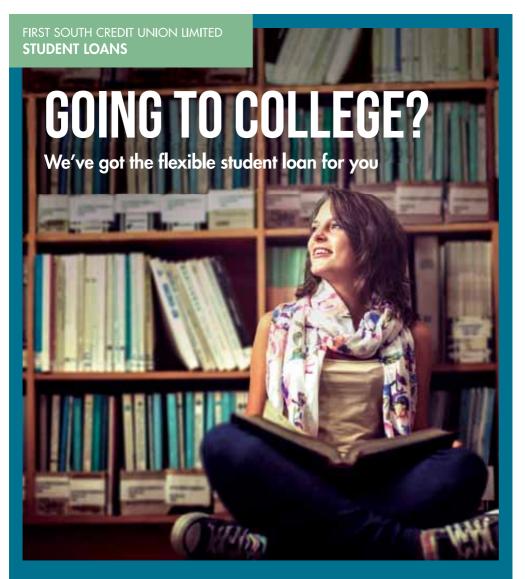
to the

**Kinsale Community School Leaving Cert Class of 2018** 

all of whom achieved spectacular results.

Best wishes to all for a very bright future.

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Cork County Council's Local Enterprise Office Cork North & West provides business supports to the micro-enterprise sector.

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This programme is ideal if you have a business idea in mind and would like to research starting your own business. Over a period of 4 weeks, you will cover all you need to know to research your idea and to get you started. The programme would also suit someone who has recently started their own business.

Dates: Wed 19th Sept, Wed 3rd & 10th & Tues 16th Oct 2018 Location: The Trident Hotel, Kinsale Fee: €80 per person

All online bookings are available from our website: www.localenterprise.ie/corknorthandwest

#### Contact us at:

A: Local Enterprise Office Cork North & West, 8 Kent Street, Clonakilty, Co. Cork
E: westcork@leo.corkcoco.ie T: 023-8834700 W: www.localenterprise.ie/corknorthandwest

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# KINSALE LIONS WALKING FESTIVAL

15th & 16th September 2018



The fourth annual Kinsale Lions Walking Festival offers walks for all ages and abilities in and around historical Kinsale. Created by Kinsale Lions Club to provide a festival for all the community whilst raising funds for Lions Charities.



Kinsale Lions Club is a regulated charity and is 100% voluntary.



### Events at a glance...

Day	Event	Distance	Time
Sept 15th	Sandycove Loop Walk*	15km	11am
Sept 16th	Haven to Harbour Walk**	15km	11am

\*Walk commences from Kinsale Community School
\*\*Walk commences from Kinsale Rugby Club

#### Notes:

To help with planning please pre-register online at www.kinsalelionsonline.com but you may also register in person at The Boathouse Gallery, Main St., Kinsale, or on the day on Saturday at the Community School or Sunday at the Rugby Club.

#### **Walk Registration Fee:**

Both days - €25 total / Single day - €20

All walks will be fully marshalled.

All walkers must read and comply with the safety instructions and information.

Your safety is our paramount concern.

#### Walk Check in times:

#### Saturday 15th September:

Sandycove Loop Walk: 9.45am - 10.45am Kinsale Community School (51.70428, -8.53059)

### Sunday 16th September:

Haven to Harbour Walk: 9.45am - 10.45am Kinsale Rugby Club (51.70702, -8.49157)

Details at www.kinsalelionswalkingfestival.com





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# **OPEN** DAY

Friday 31st August

10am-2pm

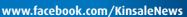
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- Elbow/Wrist Problems
- Carpai Tunnel
- Syndrome **Postural Distortions**

- Problems
- Knee Pain/Problems
- Sciatica
- Nerve Entrapment
- Joint Pain/ Discomfort
- Strains/Sprains
- Sports Injuries/ Recovery

- Hip Pain/Discomfort/
   Soft Tissue Repair
  - Connective Tissue Repair
- Ankle/Foot Problems
   Muscular Disorders/
  - Conditions Coordination
    - Development
  - Loss of Balance
  - Stiffness
  - Impaired Mobility
  - Functional Exercise

By appointment: Sabine Graef (BEd., SMT, NMPT)

Mobile **087 9872783** 

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Every Friday 3-4pm or 4-5pm coaching our U9 youths or U11 youths

Please note that sons and daughters of coaches/volunteers automatically skip the waiting list.

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Tuesday 11th Sept, 8:00pm at The Temperance Hall

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# BLACKS



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### MUSIC



Saturday 25th August Blue Fusion, 10.30pm Wednesday 29th August Two of a Kind, 9pm Thursday 30th August Two of a Kind, 9pm

# HAMPIONSHIP

### **SPORTS**

**Rugby Championship** Saturday 25th August

New Zealand v Australia, 8.35am Argentina v South Africa, 8.10pm

### **Premier League**

Saturday 25th August Wolves v Man. City, 12.30pm Liverpool v Brighton, 5.30pm

Sunday 26th August Newcastle v Chelsea, 4pm

Monday 27th August

SNY SPORTS

Man. Utd. v Spurs, 8pm

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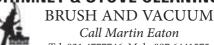




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### THE BLACK PIG WINEBAR

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# PROPERTY

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Secure storage units available in Kinsale.
Starting from
€100 per month (ex VAT)

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Young lady looking for a room/house-share in Kinsale Please call 085 1663768

# CHILDCARE



Art Therapy for Children & Adolescents

Art Therapy can increase self-awareness · Improve behaviour and emotional regulation · Reduce stress and anxiety · Develop healthy and effective coping skills · Facilitate processing of trauma Phone Zoe @ 087 1894245



Kinsale Art Therapy Zoe Patel MA, MIACAT



Kind, caring and reliable lady required to mind 2 children (aged 2 & 6) in own home.

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# **BEL AMI** HAIR STUDIO

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# **NOTICES**

Honey Bee Swarm Collection in Kinsale & surrounding areas 087 2878915

KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall All welcome

www.kinsaleabc.ie

# **MATHS GRINDS**

023 8849523 KILBRITTAIN AREA

20 years experience. Junior Cert, Leaving Cert & 3rd Level, includes Project Maths.

# KINSALE GARDEN & FLOWER CLUB **COFFEE MORNING**

Friday 7th September 9.30am - 12.30pm **Temperance Hall** 

**Donations of Home Baking** & Raffle Prizes most welcome. **Supporting Pieta House** 

## **Guitar Lessons Kinsale**

One to One Lessons **ACOUSTIC AND ELECTRIC GUITAR** Beginner to Advanced Lessons - All styles

**BASS** - Beginner to Intermediate

**UKELELE** - Beginner to Intermediate Offering - RLS Rockschool Grade Exams

Call Clem: 087 2027 870 Bachelor of Arts in Popular Music - CIT Cork School of Music **Higher Diploma in Popular Music Performance** - London College of Music



### THE SEA+ME

Sunday 26th August Sandvcove Beach

Watch, learn and participate in activities that show the value of our marine environment, the threats posed by plastic pollution and all the solutions people can be part of.

### **FOR SALE** BLACK FORD FOCUS, 1.3, 2003

5 Seater, Good Condition, Electric Sunroof, Radio & CD, NCT 03/19, Taxed 09/18 Price: €950 Call 087 9555180

### R KINSALE RNLI FUNDRAISING NIGHT

Friday 31st August

BBQ - Fun in the Kinsale Yacht Club Music with Rockin' Gerry - Raffles & Spot Prizes



R

# Don & Barry's HISTORIC STROLL

FROM TOURIST OFFICE @ 11.15am DAILY - 7 DAYS

& Early Bird @ 9.15am, Mon - Sat

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## KINSALE HARBOUR CRUISES

Departure beyond Actons Hotel on board 'Spirit of Kinsale'

**AUGUST TIMES** 12pm, 2pm, 3pm, 4pm & 5pm daily

See sandwich board at Tourist Office & Pier Road for updates and additional cruises Complimentary Tea/Coffee Served Cruises are subject to weather and tide PARMEN T: 086 250 5456

www.kinsaleharbourcruises.com



# **DERMOT RYAN'S** HERITAGE **TOWN WALKS**



"Kinsale's Top Independent Attraction" **TripAdvisor** 

"Best Guide in Ireland" Irish Independent

> "Best Value €5 in Ireland" Sunday Times



# 10.30am Daily

(or by appointment)

from the Tourist Office.

Adults: €5 Children: Free For group rates, please phone

### **SENATOR** FINE GAELX TIM LOMBARD **Constituency Office:**

71 Lower O'Connell St, Kinsale Phone: 021 477 3399

Mobile: 086 832 9119 E-mail: tim.lombard@oir.ie www.timlombard.ie





# **Margaret Murphy** O'Mahony TD

Saturday 1st September in Kinsale

Monthly clinics in all areas

Please call the office to arrange an appointment. The office in Bandon is open from 08:30 to 17:30 Monday to Friday including lunch hour. Tel: 023 8841179



# WHAT'S ON & DISTRICT

FRI 24th AUGUST ARMADA: Live Music **BLACKS BREWERY TOUR:** 1.30pm, 3pm. **BLUE HAVEN:** Kurtis Goodwolf, 10pm. **DERMOT RYAN'S** HERITAGE TOWN WALK: 10.30am. Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 9.15am, 11.15am from the Tourist Office. **FOLKHOUSE:** GDR. 10.30pm. HAMLETS: Colin Deady, 6pm. DJ Stevie G, 10pm. **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill, 10am - 6pm. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm, 4pm & 5pm. KINSALE MEAD CO. **TOUR & TASTING:** 1pm, 3pm, 5pm. SAM'S BAR:

### **SAT 25th AUGUST**

Eddie Pepper.

SILENT BANJO:

Steffan Gleeson, 10pm.

WILLOW & WEAVE:

Fabric Sale until

12th Sept.

ARMADA: The Ferrymen. **BACCHUS NIGHTCLUB:** DJ Sean, 11.30pm. BLACKS BREWERY TOUR: 1.30pm, 3pm. **BLUE HAVEN:** New Bedford, 10pm. **DERMOT RYAN'S** HERITAGE TOWN WALK: 10.30am, Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 9.15am, 11.15am from the Tourist Office. FOLKHOUSE: Jerome Rimson & The Bad Boy Blues, 10.30pm. HAMLETS: DJ. 10pm. **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill, 10am - 6pm. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm, 4pm & 5pm. KINSALE MEAD CO. **TOUR & TASTING:** 1pm, 3pm, 5pm. KINSALE RNLI STATION: Naming Ceremony & Dedication of new Atlantic 85 Lifeboat. 2pm. SAM'S BAR: Irish Draught with The Whistler. SILENT BANJO: The Hattricks, 10pm. WHITE HOUSE: Blue Fusion, 10.30pm. SUN 26th AUGUST ARMADA: Jamestown, 8pm. BLUE HAVEN: Trad Sessions, 8.30pm. **CELTIC ROSS HOTEL:** West Cork Antiques. Art & Vintage Fair. 11am to 6pm. CHARLES FORT: Free entry today. **DERMOT RYAN'S** HERITAGE TOWN WALK: 10.30am, Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 11.15am from the Tourist Office. FOLKHOUSE: King K, 9pm. HAMLETS: Old No. 7, 6,30pm. **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill, 10am - 6pm. KINSALE BAPTIST CHURCH: 11am, Temperance Hall. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm, 4pm & 5pm.

KINSALE MEAD CO.

**TOUR & TASTING:** 

1pm, 3pm, 5pm,

SAM'S BAR:

Americhanics.

SILENT BANJO:

**BEACH DAY OF** 

12pm-2pm.

I FARNING & FUN:

Sandycove Beach,

Christy Waters, 6pm.

THE SEA+ME FAMILY

**MON 27th AUGUST** ARMADA: Allsorts, 8pm. BLUE HAVEN: Traditional Irish Music with Arundo, 9pm. DALTON'S BAR: Trad **DERMOT RYAN'S** HERITAGE TOWN WALK: 10.30am. Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 9.15am, 11.15am from the Tourist Office **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill, 10am - 6pm. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm, 4pm & 5pm. SILENT BANJO: Steffan Gleeson, 8pm.

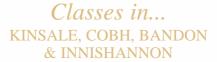
**TUES 28th AUGUST** ARMADA: Lannigan's Ball, 8pm. BLACKS BREWERY TOUR: 1.30pm, 3pm. **BLUE HAVEN:** Sonny & Friends, 9pm. DALTÓN'S BAR: Trad Singalong. **DERMOT RYAN'S** HERITAGE TOWN WALK: 10.30am, Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from the Tourist Office. KINSALE HARBOUR **CRUISES:** 12pm, 2pm, 3pm, 4pm & 5pm. KINSALE MEAD CO. **TOUR & TASTING:** 1pm, 3pm, 5pm. SILENT BANJO: James Ahern, 8pm.

WED 29th AUGUST ARMADA: The Pure Drop, 8pm. BLACKS BREWERY TOUR: 1.30pm, 3pm. BLUE HAVEN: Niall McCabe, 9pm. DALTON'S BAR: Trad. DERMOT RYAN'S HERITAGE TOWN WALK: 10.30am, Tourist Office.

DON & BARRY'S HISTORIC STROLL: 9.15am & 11.15am from the Tourist Office. HAMIFTS: Mike O'Riordan, 9pm. **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill. 10am - 6pm. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm, 4pm & 5pm. KINSALE MEAD CO. **TOUR & TASTING:** 1pm, 3pm, 5pm, KINSALE OUTDOOR **EDUCATION CENTRE:** Young Mariner Program Information Evening at 7pm. www.kinsaleoec.com WHITE HOUSE: Two of a Kind, 9pm. **THUR 30th AUGUST** 

ARMADA: Free Beer, 8pm. **BLACKS BREWERY TOUR:** 1.30pm, 3pm. **BLUE HAVEN:** Arundo, 9pm. DALTON'S BAR: Trad DERMOT RYAN'S HERITAGE TOWN WALK: 10.30am, Tourist Office. **DON & BARRY'S** HISTORIC STROLL: 9.15am & 11.15am from the Tourist Office. **HAMLETS:** Niall McCabe, 9.30pm. **HOME: A CORK CRAFT & DESIGN POP-UP SHOP** The Old Mill. 10am - 6pm. KINSALE HARBOUR CRUISES: 12pm, 2pm, 3pm. 4pm & 5pm. KINSALE MEAD CO. **TOUR & TASTING:** 1pm, 3pm, 5pm, SAM'S BAR: Ben Dillon, 9pm. SILENT BANJO: Damien Coughlan, 8pm. WHITE HOUSE: Two of a Kind, 9pm.







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